

# DINNERLY



## Low-Cal Rustic Chicken Soup

with Chickpeas, Kale and Chimichurri



30 minutes



2 Servings

Bunker down with our homemade chicken soup. Packed with lots of nourishing goodies like kale, carrot and chickpeas, and flavoured with warming chimichurri spices, it's just the ticket for a light yet comforting winter meal.



### WHAT WE SEND

- 1 onion
- 1 carrot
- 100g kale
- 400g chickpeas
- 10g chimichurri spice blend
- free-range chicken tenderloins

### WHAT YOU NEED

- 2 garlic cloves
- 2 tbs olive oil
- 1 tbs tomato paste
- 750ml (3 cups) boiling water

### TOOLS

- medium deep frypan or saucepan with lid

Our veggies come straight from the farm, so please wash them before cooking.

### ALLERGENS

May contain traces of allergenic ingredients.

### NUTRITION PER SERVING

Energy 540kcal, Fat 20.6g, Carbs 33.1g, Proteins 44.0g



#### 1. Prep ingredients

Finely chop the **onion**. Peel the **carrot**, then quarter lengthwise and cut into 1cm chunks. Thinly slice or crush **2 garlic cloves**. Remove the tough inner stems from the **kale**, then coarsely chop the leaves. Drain and rinse the **chickpeas**.



#### 2. Brown chicken

Combine **1 tbs olive oil** and **2 tsp chimichurri spice blend** (see Make it yours) in a large bowl. Add the **chicken**, season with **salt and pepper** and toss to coat. Heat a medium deep frypan over medium-high heat. Cook the chicken for 3 mins each side or until browned and cooked through. Remove from the pan.



#### 3. Soften veggies

Heat **1 tbs olive oil** in the same pan over medium heat. Cook the **onion, carrot and garlic**, stirring occasionally, for 5 mins or until softened. Add the **chickpeas, 2 tsp chimichurri spice blend** and **1 tbs tomato paste** and cook, stirring, for 1 min or until fragrant.



#### 4. Simmer soup

Add **750ml (3 cups) boiling water** to the veggie mixture and bring to the boil. Reduce the heat to medium and cook for 5-8 mins until the carrot is tender.



#### 5. Serve up

Meanwhile, shred the **chicken** with two forks. Add the **kale, chicken** and any resting juices to the soup, then cover and cook for 2 mins or until the kale is tender. Remove the pan from the heat. Taste, then season with **salt and pepper**. Divide the **chicken soup** among bowls and enjoy!



#### 6. Make it yours

Our chimichurri spice blend gives the soup a mild kick of heat. If you don't like too much spice, reduce the amount to taste.